



TAKE THE FIRST STEP TOWARD QUITTING TODAY

When you join our program, we'll help you create an easy-to-follow Quitting Plan that will show you how to get ready, take action, and live the rest of your life as a non-tobacco user. Your Quitting Plan will include:



Quit Coach*. You will have expert phone support and assistance whenever you need it.





Quit Guide. We'll send you an easyto-use printed workbook you can reference in any situation to help you stick with your Quitting Plan.

Quitting Aids. We'll help you decide which type, dose, and duration of nicotine substitute or medication is right for you, and teach you how to use it so it really works. Plus, you may be eligible to receive free NRT, which includes a choice of patch, gum or lozenge.

Web Coach*. You'll get access to

a private, online community where

you can complete activities, watch videos, track your progress, and join in discussions with others in

the program.

1.800.QUIT.NOW www.quitlineiowa.org

(1.800.784.8669)

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